



The Restless and Excitable Child

Young children are often restless and excitable. Their noisy liveliness is usually just part of being young. Although it may be tiring, it is usually nothing to worry about. Sometimes youngsters may be so active and noisy that it makes life difficult. A child like this may be demanding and excitable and chatter away nineteen to the dozen.

What makes children restless and excitable?

Finding the reason may help you to come up with some solutions to combat the problem.

Being a parent - If parents are unhappy, depressed or worried, they tend to pay less attention to their children. They may find they can't spend the time they need to help them play constructively together, or they may find that when they do play with them, they spend a lot of time telling them to be quiet. Children learn from this that they have to be naughty or noisy to get any attention from their mum or dad.

First Contact

and

Support Hub

01429 284284

fcsh@hartlepool.gov.uk

<http://hartlepool.fsd.org.uk>

To find your nearest children's
centre call: **01429 284284**





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No clear rules - It is important to have simple rules about what is allowed and what is not. If two parents are involved, they both need to agree about the rules, and be consistent and fair when they say 'no'.

Temperament - We are all born with different temperaments. Some children are livelier, noisier and more outgoing than others. Quite often, children who are active like this are also excitable and may go over the top while playing. Although this can be a nuisance, it is nothing to worry about, but you may need some help in finding ways to help your child calm down.

Learning problems - Some children find it hard to learn things that other children find easy. They may seem quite young for their age and find it hard to concentrate on work or control their behaviours as well as other children.

Ask at your Children's Centre to book onto a
123 Magic
course which helps you stop the behaviours you don't want
and start the behaviours you do want.
Suitable for children 2 to 12 years.

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